

WINGSPREAD

Randolph Air Force Base u Texas

60th Year u No. 33 u August 18, 2006



Staff Sgt. Keith Loudermill



Staff Sgt. James Warren

Randolph Airmen vie to be 'American Idol'

By Tech. Sgt. Phyllis E. Duff
Air Force News Agency

A former "Tops in Blue" performer and an Air Force chaplain's assistant turned Batman are a step closer to stardom.

Staff Sgts. Keith Loudermill and James Warren, both from Randolph, each earned a "golden ticket" Aug. 11 at the Alamodome for a shot at becoming the next "American Idol."

Sergeant Warren admits his Batman gimmick might have been an influence in him making it past thousands of other competitors. When the San Antonio native was selected, he tucked his ticket, just a yellow sheet of paper, under his black cape and walked toward the "loser" doors. He then turned around and revealed the honor to the crowd.

They roared and were on their feet, "like winning the Super Bowl." He'll never forget that moment, he said.

"I'm going to give it my best shot," Sergeant Warren said, "but it would be a fluke if I made it to the next round, because there are a lot of talented people in this."

Sergeant Warren nabbed more than 33 minutes of airtime on the

See **Randolph** on page 8

All clear



Military working dog Bosco and his handler Staff Sgt. Corby Czajka conduct vehicle inspections at the south gate Tuesday. The six MWDs assigned to Randolph provide vital services in conjunction with security forces. For more photos of the base's canine cops, see page 16. (Photo by Steve White)

Rambler 120 Team Challenge countdown begins

By Staff Sgt. Lindsey Maurice
Wingspread editor

With just seven weeks to go before the Rambler 120 Team Challenge at Canyon Lake, now is the time for base members to form teams and train.

The 30-mile course includes a six-mile run, 22-mile bike ride, two-mile raft race and special mystery challenge to be announced the day of the race.

"This is a great way for members of Team Randolph to build camaraderie and challenge themselves," said Sharon Rector, 12th Services Division community support flight program manager.

The race is split into two competitive divisions: a five to eight-person relay team and a four-person "Xtreme" team. During the race, at least four people have to be within 50 yards of one another on each leg. Teams cannot leave a checkpoint

of the race until all four members arrive.

"This is part of what makes it a team event," said Ms. Rector. "You have to push one another and help each other through each portion of the race."

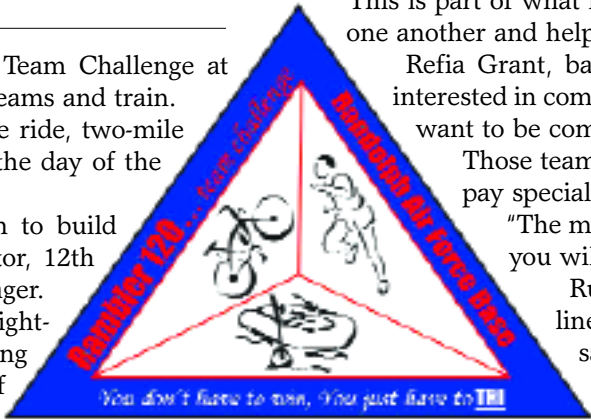
Refia Grant, base fitness program coordinator, said those base members interested in competing in the race should start a training routine now, if they want to be competitive.

Those team members training to do the run portion of the race should pay special attention to their form.

"The more effective your running biomechanics are the less energy you will expend," she said.

Runners should make sure their head, shoulders and hips are lined up over their feet with their chest forward and up, she said.

See **Rambler** on page 12



NEWS



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SPORTS



562 Students take 12 MDG ...

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Randolph Promotion Selectees

Congratulations to the following Team Randolph members, who were selected for promotion out of cycle:
Staff Sgt. Constance Adams,
Air Force Personnel Center;
Tech. Sgt. Steve Horton,
12th Flying Training Wing;
Tech. Sgt. Olga Lantagne,
12th Medical Group

Commander's Action Line

Call 652-5149 or e-mail
randolph.actionline@randolph.af.mil



While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment.

When those officials are unable to provide satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Richard Clark
12th Flying Training Wing commander

Agency Contact Numbers

Base Exchange	674-8917
Civil Engineers	652-2401
Civilian Pay	652-6480
Commissary	652-5102
EEO Complaints	652-3749
Equal Opportunity	652-4376
Family Support Center	652-5321
FW&A Hotline	652-3665
Housing Maintenance	652-1856
Inspector General	652-2727
Legal Office	652-6781
Military Pay	652-1851
Randolph Clinic	652-2933
Safety Office	652-2224
Security Forces	652-5509
Services	652-5971
Sexual Assault	
Response Coordinator	652-8787
Transportation	652-4314

In Memory

Justin Frazier,
son of Tech. Sgt. and Mrs.
Samuel Frazier,
passed away Aug. 9.
Justin courageously
participated in the
Pilot For A Day Program
of the
560th Flying Training
Squadron July 7.

DUI UPDATE

Team Randolph's
last DUI was
March 18, 2006

Dietary supplements - a blessing or curse?

By Col. George Nicolas
325th Medical Group

TYNDALL AIR FORCE BASE, Fla. (AFPN) – In our new air expeditionary force culture, an increasing number of duties and decreasing number of Airmen demand new-found levels of excellence in all areas of life. Technical ability, time management, critical thinking and physical stamina are but a few areas we must constantly work on to operate at peak performance levels.

Being overzealous to be the best, we all look for ways to enhance ourselves. One of the areas some concentrate on most is increasing physical stamina.

A solid exercise routine, nutritionally balanced diet and rest-cycle plan is key to any physical training endeavor. The nutritional balance portion of any plan is not real difficult for the average person, but those who want that edge can be attracted to nutritional or performance-enhancing supplements.

Today's marketing of these products can be very seductive, which is why they are so popular.

The supplements industry brings in more than \$1 trillion a year and is essentially unregulated due to the 1994 Dietary Supplement Health and Education Act. Manufacturers of these products are not held to content, concentration or purity standards. Just because something is deemed natural or organic does not automatically make it good for you.

There has been a recent increase in Airmen purchasing performance enhancing supplements online. It is very important that all Airmen realize

"These products are dangerous and will often cause severe medical problems such as liver failure, kidney failure, heart damage, stroke and hormonal imbalances within a month of their use. They can also cause sleep disturbance and even sexual dysfunction."

Capt. Richard Greco
325th Medical Group
Family Practice physician

these products are not regulated by the FDA or any government entity, and many of these products are banned by Air Force regulations.

They can contain ephedrine, hemp extract or even anabolic steroids, which really carry a serious safety risk for people who use them, even short term, in hopes of increasing their physical performance.

"These products are dangerous and will often cause severe medical problems such as liver failure, kidney failure, heart damage, stroke and hormonal imbalances within a month of their use," said Capt. Richard Greco, 325th Medical Group Family Practice physician. "They can also cause sleep disturbance and even sexual dysfunction."

One \$50 bottle of a performance enhancing supplement taken for more than a one month can easily result in \$16,000 in medical bills and lost duty time, not to mention the possibility of a liver transplant to save a life.

Many of these supplements have medicinal properties that can and do

interact negatively with prescribed medication as well as directly affect critical organs like the heart, liver and kidney.

Most importantly, all Airmen should avoid commercially available performance enhancing supplements. They are marketed under various names and often contain ingredients that are in violation of Air Force regulations and could ruin a career or a life.

While not all supplements are bad, get as much information as you can from the professionals. Research the product. A good place to start is www.fda.gov. A product that sounds too good to be true, probably is.

Airmen interested in improving their performance should make an appointment with their primary care manager and visit the health and wellness center.

If you know a fellow Airman who is taking one of these products, especially the performance enhancers, be a good wingman and advise them to stop using them and see their primary care manager.

One moment, two words, a lifetime of influence

By Chief Master Sgt. Elizabeth Campeau
U.S. Air Force Band marketing and outreach manager

BOLLING AIR FORCE BASE, D.C. (AFPN) – I was about 15 when the U.S. Navy Band came to town. A few local high school students were invited to "sit-in" for one selection during the concert, and I was one of them. It was a warm spring night and the auditorium was packed.

When the time came for us to perform with the band, the emcee announced our names one by one as we took our places in the ensemble. It was thrilling to share the stage with all those professionals. But best of all, during the applause, the military musician sitting to my left leaned over and said "good job." Though I didn't know it at the time, those two kind words would have a lifelong impact.

Fast forward three decades. Today I serve as the marketing and outreach director for the U.S. Air Force Band. Without a doubt, the best part of the job is reading letters from young musicians.

Recently, I received a note from a young flutist in Michigan who'd listened to one of our recordings. She wrote: "It's (the compact disc) called Imagine the Possibilities and I do." She

went on to say that she had just celebrated her 12th birthday and, "When I grow up, I wish to be in the Air Force Band."

I immediately remembered the kindness of that Navy musician all those years ago and quickly dispatched a reply full of encouraging words. I probably won't be around long enough to find out if this young person will follow her dream to become a member of the U.S. Air Force Band, but I'm sure she'll carry a fondness for the Air Force far into her future.

Studies have shown the earlier a child is exposed to an idea, the more likely they are to carry the influence, positive or negative, with them throughout their lives. My experience with the Navy musician is one of my fondest memories. I'm certain it influenced my decision to follow a career in music.

I have heard the phrase "good job" countless times during my lifetime. Those two words of encouragement, reinforced with the image of a military uniform, are the ones I remember most clearly. Never take for granted the power of your words and actions, especially in uniform.

Think about the last time you interacted with young people. What message did you send in that snapshot of time? Let's hope it was a positive one. Chances are, the impression you made was an indelible one.

WINGSPREAD

12th Flying Training Wing

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Articles for the newspaper should be submitted by noon Thursday the week prior to the desired publication date. Items can be dropped off on a PC- or Macintosh-formatted disk at the Wingspread office in room 110 of Building 100.

Articles may also be sent by e-mail to wingspread@randolph.af.mil or by fax at 652-5412. For more information about submissions, call 652-5760.



Randolph Air Force Base houses more than 30 mission partners, including Air Education and Training Command, Air Force Personnel Center, Air Force Recruiting Service and 19th Air Force to name a few. Each organization conducts a unique operation, essential to the Air Force mission. These units, along with the 12th Flying Training Wing, are what make Randolph Air Force Base the “Showplace of the Air Force.” This column is the first of many focusing on one of these very special mission partners.

Detachment 4 brings AETC latest aircraft technology

By Bob Hieronymus
Wingspread staff writer

Acquiring new aeronautical systems for the Air Force is a major task that often involves years of development and planning. The go-to people who develop, acquire and sustain these systems are found in the Aeronautical Systems Center, headquartered at Wright-Patterson AFB, Ohio.

Randolph is host to Detachment 4 of the ASC. While a small unit, with only two military and three contractors assigned, it is vitally important to the Air Education and Training Command mission.

This small group of people is responsible for managing and coordinating the acquisition or modification of the command’s training aircraft and support systems.

Among other accomplishments, the detachment coordinated AETC’s acquisition of the T-1A Jayhawk, T-6A Texas II and T-38C modifications. It also helped AETC and the Navy beddown more than 700 new or modified trainer aircraft and nearly 90 flight simulators.

In recognition of its ongoing efforts, ASC nominated Det. 4 for the 2005 Verne Orr Award for outstanding unit accomplishments.

“One of our current projects is coordinating the modification of the T-38C aircraft to receive the Martin Baker ejection seat,” said Capt. Christopher Hall, Det. 4 commander. “This is the ‘zero-zero’ seat that will make the aircraft even safer for the pilots. Laughlin AFB is the first to

receive the seat with Randolph next in line,” he said.

The “zero-zero” is a system that allows a pilot to eject safely from the aircraft even while it is not moving on the ground, the captain explained. Older systems did not have enough lifting force to get the pilot high enough for his parachute to open properly before he would impact the ground if he were to activate the system while at ground-level.

“Designing and implementing a new training system or subsystem can be a major undertaking,” Captain Hall said. “Coordinating the deployment and sustainment of those systems involves many people within the major command, the training bases and our organization. It’s our job to make that part of the process run smoothly.”

Retired Senior Master Sgt. Allan Moczygemba, another member of the team, is a former aircraft maintenance technician. His specialty is coordinating the arrival of the T-6A at AETC flying training bases. He has many years of first-hand experience in keeping aircraft flying and managing maintenance crews.

“We make sure that everything is in place to support the maintenance and operation of the T-6A. That includes, for example, ensuring all the



maintenance equipment and tools are on site, the ramp space is adequate and prepared for the aircraft, refueling arrangements are correct, and electric outlets and lighting are appropriate for the tasks,” Mr. Moczygemba said. “In other words, we make sure the base is ready to sustain operations with this aircraft.”

Another significant development Det. 4 is watching is the T-1A simulator upgrade.

“That’s probably coming in fiscal year 2009,” Captain Hall said.

The captain emphasized the detachment’s loyalty to AETC.

“Our customer is AETC,” the captain said.

“That means we work with the command not only to acquire new systems, but we also have a strong interest in keeping things moving smoothly.”

One way the detachment has been able to do that is through coordination with AETC and the 12th Maintenance Directorate to repair T-38C parts from the modification line in Mesa, Ariz., the captain said.

“The work can be done here more efficiently and at lower cost than if the contractor did it,” he said. “By working together with Headquarters AETC, Randolph and the 663rd AESS, we’ve been able to save the Air Force \$3 million over the past three years.”

Randolph officer pleads guilty to charges

Former 12 MSG deputy sentenced to dismissal, reprimand for unprofessional relationships

By the 12th Flying Training Wing Legal Office

A Randolph officer pled guilty to charges of engaging in personal and sexual relationships with Air Force civilian and contractor employees, and was sentenced to dismissal and a reprimand.

During the Aug. 9 court-martial proceeding before Judge William Burd, Lt. Col. Christopher Kugel pled guilty to dereliction of duty and conduct unbecoming an officer and gentleman. He also pled guilty to a charge relating to misuse of his government e-mail account. Under a pretrial agreement with the government, Colonel Kugel pled guilty to the charges in exchange for the withdrawal of another charge.

At the time of the misconduct, Colonel Kugel was the 12th Mission Support Group deputy commander, as well as a pilot instructor in the 558th Flying Training Squadron’s pilot instructor program.

In court, Colonel Kugel admitted to having unprofessional personal relations with three female civilian employees from the 12th MSG as well as with a contractor employee. Colonel Kugel admitted to engaging in sexual acts on multiple occasions with three of these women. Colonel Kugel is married with

“Dismissal is a strong punishment; however it was certainly appropriate in this case given the serious and ongoing nature of Colonel Kugel’s misconduct. The court’s sentence sends the right message that this type of behavior cannot be tolerated.”

Capt. Stephan Piel
12th Flying Training Wing Legal Office

seven children. The colonel also admitted to using his government computer to send numerous personal and sexually explicit e-mails to these women.

The sexual relationships began in January 2005 and continued until Colonel Kugel was placed under investigation in January 2006.

In a prepared statement that he read to the judge during sentencing, Colonel Kugel said, “I am human. I gave in to weakness and temptation.”

Colonel Kugel’s defense counsel, Maj. Chris Brown, argued that the relationships were consensual and that the colonel did not use his position to enter into them. The prosecution argued that Colonel Kugel did use his position as deputy commander to meet women within his group in order to initiate personal relationships with them.

Capt. Stephan Piel, a prosecutor on the case, stated afterward, “dismissal is a strong punishment; however it was certainly appropriate in this case given the serious and ongoing nature of Colonel Kugel’s misconduct. The court’s sentence sends the right message that this type of behavior cannot be tolerated.”

Dismissal includes loss of all pay and benefits.

The sentence must be approved by the court-martial convening authority before it is executed.

NEWS BRIEFS

AETC commander’s call

The Air Education and Training Command commander is holding a commander’s call for all AETC Headquarters staff members today at 9:30 a.m. and 1:30 p.m. in the base theater.

Carpooling or walking to the event is highly encouraged. Buses will pick up people at Building 900 and Hangar 13 at 8:30 a.m. and 12:30 p.m. and return from the theater after each session.

Directorates should contact their executive officer to find out which session they are scheduled to attend.

RFISD Board of Trustees opening

The 12th Mission Support Group commander is seeking volunteers to fill a vacancy on the Randolph Field Independent School District Board of Trustees.

Applicants must be a military member or civilian who resides or

works on Randolph. Applications are due by Aug. 30. Applications are available at the 12th MSG command section office in Building 100.

For more information, call Lt. Col. Vince Feck at 652-1205.

Randolph retirees

Congratulations to these retirees: Master Sgt. Shaun Derry, Air Education and Training Command Master Sgt. Lee Grazetti, AETC

Life insurance settlement

The Texas Department of Insurance announced a settlement resolving allegations of improper sales to military members of life insurance by the American-Amicable Life Insurance Company of Texas, Pioneer American Insurance Company and Pioneer Security Life Insurance Company, all of Waco, Texas.

See www.tdi.state.tx.us or call 1-800-736-7311 for further details.

Smog threatens health, city status

Air Force takes lead toward cleaner air, local bases pitching in

By Michael Briggs
Air Education and Training Command
Public Affairs

People driving in San Antonio recently have probably seen announcements on highway signs about air quality health alert days.

These are days when the amount of smog, mainly in the form of ground-level ozone, is at high, unhealthy levels.

Ground-level ozone forms when pollutants like vehicle exhaust are released into the air on hot, sunny days.

Ozone is harmful to breathe. It attacks lung tissue by reacting chemically with it, causing irritation and inflammation, according to the Environmental Protection Agency.

"Elevated ground-level ozone reduces lung function and causes a number of symptoms like coughing, sore throat and pain with deep breaths, even among healthy people," said Brenda Williams, projects manager for the Natural Resources Department of the Alamo Area Council of Governments. "However, air pollution is particularly harmful for sensitive groups, such as children, the elderly and people with respiratory illnesses."

To minimize exposure to ozone, people should pay attention to forecasts for air quality health alert days to know when to take precautions, according to the American Lung Association. Suggested precautions include avoiding exercise outdoors or doing so early in the morning or in the evening.

The bottom line, ALA experts said, is to avoid anything that causes deep breathing on days when pollution levels are high. The more deeply people breathe, the deeper into their lungs the pollutants go.

Not to be confused with beneficial ozone in the upper atmosphere that provides protection from ultraviolet radiation, smog threatens not only the health of people, animals and plants, but also the status of San Antonio as a good steward of the environment.

The ALA State of the Air 2006 report ranked San Antonio in 23rd place among the nation's cities with the highest ozone levels. Houston ranked sixth and Dallas ranked eighth on the ALA list.

Despite that ranking, a recent community-wide effort is taking measures to keep the air clean, but more can be done, environmental officials said.

"The result of the Early Action Compact developed by the Alamo Area

Council of Governments, community leaders and industry partners is that San Antonio is demonstrating success in improving local air quality," said Theresa Haan, Air Education and Training Command air quality program manager. "We just have to do a little bit better to meet the goals set to demonstrate to the EPA that we can clean up our air through voluntary efforts rather than mandates and enforcement of strict air quality rules."

With a couple of past strikes against it for ozone readings that have violated standards of the Clean Air Act, the city is in jeopardy of being declared in "non-attainment" status by the EPA, Ms. Williams said.

"We have to do better in 2007 if we are to meet federal standards and remain in attainment," Ms. Williams said.

Non-attainment would likely lead to higher gas prices, withholding of federal highway funds and emission tests that could more than double the cost of state vehicle inspections, said Ms. Haan.

She added that members of the San Antonio base communities should make a commitment on a personal level that mirrors what the Air Force is doing on an organizational level to help prevent air pollution.

The Air Force is an environmental leader among federal government agencies, having received the EPA's 2006 Climate Protection Award on May 17. The award recognizes organizations that significantly contribute to the reduction of greenhouse gasses, according to a May 19 Air Force Print News story.

In 2005, the Air Force became one of

“Many people are aware of the importance of keeping our air clean, but they just don’t know what they can do to help as individuals. By making a few changes in personal choices about common day-to-day tasks, we can all help make a difference.”

Theresa Haan
Air Education and Training Command
Air quality program manager

the first organizations in the world to purchase more than 1 million megawatts of renewable energy. That helped reduce carbon dioxide emissions by 1.38 billion pounds annually, which is the equivalent of taking 135,000 cars off the road, according to EPA estimates.

Lackland and Randolph played a role in helping the Air Force achieve its



environmental milestone by using alternate fuels for their military motor fleets.

"Lackland and Randolph have installed their own ethanol (E-85) and bio-diesel dispensing facilities," Ms. Haan said. "With forward-looking leaders, government-owned vehicle procurement has resulted in Lackland and Randolph now owning more than

carpool," Ms. Haan said. "Lackland also posts signs on gas dispensers at the motor pool on health alert days that state, 'If the mission allows, please refuel after 6 p.m.'"

The basic convoy training course at Camp Bullis in northwest San Antonio conducts classroom training in the morning and driver training in the afternoon. The late emissions don't have enough time in the sunlight to form ozone. In addition, trucks aren't fueled until after 8 p.m. to prevent gas vapors from turning into ozone during the day.

"People in San Antonio are more environmentally aware than most because of the Edwards Aquifer and the knowledge of how important it is to protect our natural resources," Ms. Haan said. "Many people are aware of the importance of keeping our air clean, but they just don't know what they can do to help as individuals. By making a few changes in personal choices about common day-to-day tasks, we can all help make a difference."

For air quality information, people can log onto the EPA's AIRNow Web site at www.airnow.gov, the state site at www.drivecleanacrosstexas.org and the Alamo Area Council of Governments Web site at www.aacog.com.

You CAN make a difference in air quality

San Antonio is having a difficult time meeting federal regulations for ground-level ozone. The primary sources of ozone-forming chemicals are vehicles. Here are a few pollution-prevention vehicle tips that also save money:

- Drive less. Carpool, vanpool, ride a bike, ride the bus or walk whenever possible.
- Avoid idling your engine. Rather than using drive-through lanes at banks and restaurants, consider parking your car and walking inside. Idling gets zero miles per gallon. If you also have the air conditioner running while the vehicle is idling, you're using even more fuel to get nowhere.
- Combine errands when you drive. Vehicle emission rates are highest with cold engines because the catalytic converter must reach a certain temperature before it operates effectively. By combining errands, you're

- starting the engine while it's warm, which means it's polluting less.
- Refuel after 6 p.m. to prevent gas vapors from turning into ozone during the day.
- Don't overfill your tank when refueling. Spilling gas is throwing money on the ground. In terms of air quality, spilling one ounce of gasoline that evaporates creates the same ozone-producing pollutants as driving a car 56 miles.
- Replace your gas cap properly by making sure it clicks three times. Improperly seated gas caps allow 147 million gallons of fuel to vaporize every year in the United States.
- Keep your vehicle properly maintained. Change your oil and air filters regularly. Replacing a clogged air filter can improve your car's gas mileage by as much as 10 percent, saving up to 55 gallons of gasoline or about

- three trips to the gas station each year.
 - Maintain proper air in tires. You can improve your gas mileage by more than 3 percent by keeping your tires inflated to the proper pressure. Properly inflated tires are safer and last longer.
 - Avoid aggressive driving. Go easy on the accelerator and brake pedal. Aggressive drivers typically buy an extra 125 gallons of gas a year. That's an extra cost of about \$350.
 - Drive the speed limit. Gas mileage usually decreases rapidly at speeds above 60 mph. Driving a typical passenger vehicle at 75 mph uses 18 percent more gas than driving at 65 mph.
 - Travel light. Avoid carrying unneeded items, especially heavy ones. An extra 100 lbs in the trunk reduces a typical car's fuel economy by 1-2 percent.
- Source: Alamo Area Council of Governments

AF 60th kicks off with convention, ball

By Michael Briggs
Air Education and Training Command Public Affairs

Air Force Chief of Staff Gen. T. Michael Moseley is the guest speaker at the 2006 Air Force Ball Sept. 8 in San Antonio that kicks off Air Education and Training Command's commemoration of the Air Force 60th Anniversary.

The evening ball at the Hyatt Regency Hill Country Resort caps a day that includes a convention at the resort highlighting the past, present and future of the Air Force, and the recruiting, training, education and medical missions of AETC.

"We have a rich heritage and bright future to commemorate as we pay tribute to 60 years of airpower, technological innovation, world-class training and education, and the people – past and present – who have made it all possible," said Gen. William Looney III, AETC commander and host of the Sept. 8 events being held in partnership with the Alamo Chapter of the Air Force Association.

The convention begins at 10:30 a.m. in the Hyatt resort, which is near Sea World on San Antonio's west side. The command's 33rd Annual Retired General Officer Summit is being held in conjunction with the convention.

Convention displays are open until 5 p.m. The event is free, and military and civilian members of the San Antonio community are encouraged to attend, said Lt. Col. Kevin Drake, one of the event organizers.

"A major aspect of the convention will consist of

exposition-style displays provided by military, civil and industry partner organizations," Colonel Drake said.

The recruiting display will include the Air Force NASCAR show car, F-22 Raptor platform, health professions road tour and other exhibits that help market the Air Force throughout the country.

Training displays include aircrew, pararescue, jet engine and other career fields.

Air University will sponsor education exhibits, and Wilford Hall Medical Center will display several aspects of the AETC medical mission.

The convention also includes education forums for high school and college students, including ROTC cadets, Colonel Drake said.

The day culminates with the Air Force Ball at 6:30 p.m. In addition to General Moseley's keynote speech, other highlights of the ball include a performance by the Air Force Band of the West, the premiere of the Air Force 60th Anniversary television commercial and a local Air Force mission video presentation.

Tickets to the ball cost \$50. Dinner choices are filet mignon or roasted halibut. Dress is mess dress or semi-formal for military and black tie for civilians.

Round trip bus transportation from Randolph and Lackland Air Force bases to the convention and ball is being arranged. Schedules will be announced in an article next week.

People who want to attend the ball should make reservations by Aug. 25 by calling 652-2205 or 652-9769.



Air Force
Anniversary Ball & Convention

Sept. 8, 2006
at the
San Antonio Hyatt Regency
Hill Country Resort

Convention – 10:30 a.m. to 5 p.m.
Featuring exposition-style displays from military and industry. Admission is free.

Air Force Ball – 6:30-11 p.m.
Featuring keynote speech by
Air Force Chief of Staff Gen. T. Michael Moseley.
Music by Band of the West.
Dinner includes filet mignon or roasted halibut.
Dress is mess dress or semi-formal for military
and black tie for civilians. The cost is \$50.
To make reservations, call 652-2205
or 652-9769 by Aug. 25.

						
2nd Lt. Brendan Allan C-130 Little Rock AFB, Ark.	2nd Lt. Jesse Barnes C-130 Ramstein AB, Germany	2nd Lt. Steven Bousman MC-130 (EWO) Kadena AB, Japan	2nd Lt. Mark Conley C-130 Yokota AB, Japan	2nd Lt. Jordan Feinstein RC-135 (EWO) Offutt AFB, Neb.	2nd Lt. Jason Jording RC-135 (EWO) Offutt AFB, Neb.	2nd Lt. Bryan Keating C-130H Kentucky ANG
						
2nd Lt. Ryan McCaughan C-130 Little Rock AFB, Ark.	2nd Lt. Jacqueline McLain E-3 Tinker AFB, Okla.	Lt. j.g. Gregory Mercado P-3 NAS Jacksonville, Fla.	2nd Lt. Kristina Miller C-130 Peterson AFB, Colo.	Ensign Scott Nelson P-3 NAS Jacksonville, Fla.	Ensign Andrew Neri P-3 NAS Jacksonville, Fla.	2nd Lt. Bruce Pufahl B-52 Barksdale AFB, La.
						
Ensign Eric Sword P-3 NAS Jacksonville, Fla.	1st Lt. Evan Tatge EC-130 (EWO) Davis Monthan AFB, Ariz.	2nd Lt. Zachary Unger AC-130 (EWO) Hurlburt Field, Fla.				
						
2nd Lt. Jake Whitlock B-52 (EWO) Barksdale AFB, La.	2nd Lt. Jason Williams Jr. C-130 Dyess AFB, Texas					

CSOs graduate today

Fifteen Air Force and four Navy aviators receive their navigator and naval flight officer wings during a Combat Systems Officer graduation ceremony here today.

The ceremony is at 10 a.m. in the Randolph Officers' Club.

During the CSO course, which starts at the 562nd Flying Training Squadron, students learn fundamental, system and intermediate navigation.

Students spend about 68 days in the fundamentals portion, learning basic navigation principles, tools and equipment. Some of the lessons covered include how to construct charts, navigate using basic instruments, radio navigation aids and dead reckoning. As they progress, students move on to system navigation, where they learn how to operate advanced navigation equipment.

During the intermediate portion, students learn how to integrate all the systems in a high-level environment. Students are required to use all the skills they have acquired and perform a global mission that includes timing problems, air refueling, communicating with other resources and replanning procedures.

Those students, who go on to accomplish advanced navigation training, learn low-level navigation, advanced timing, target drops, threat reaction and airborne radar approaches. Other students advance to Electronic Warfare Officer Training at the 563 FTS, where they learn advanced combat employment and planning of electronic warfare and weapons in a simulator which emulates real-world tactical environments for reconnaissance, bomber and fighter training missions.

Overall, the students spend about ten months in training.

The graduation guest speaker is Col. Keith Keck, Air Mobility Command Directorate of Strategic Plans, Requirements and Programs Strategic Planning Division chief. Col. Richard Clark, 12th Flying Training Wing commander, is presenting the students with their respective service's silver wings or gold wings, as well as presenting four special awards during the ceremony for student achievement.

Scarlet Hawk exercise starts today

By Bob Hieronymus
Wingspread staff writer

Exercise Scarlet Hawk 06-05 kicks off today and will continue through Aug. 25.

Exercises are filled with “opportunities,” said Maj. Steven Marin, 12th Flying Training Wing Inspector General exercise planning officer. “They are an opportunity to train on a base-wide scale. They are an opportunity to evaluate Team Randolph’s contingency response plans. They are a leadership opportunity. And they are an opportunity to sharpen the sword,” he said.

The major said base exercises have many similarities to the Red Flag Exercises, held at Nellis Air Force Base, Nev., and should be taken just as seriously.

“Red Flag puts Airmen in a realistic training environment said to be more rigorous than actual air-combat,” he said. “Base exercises also provide time to train on a scale that goes beyond the normal rigors of unit training scenarios. And comparable to Red Flag, at the end of it all you are a better and smarter Airman.”

Based off of his own military and exercise planning officer experience, the major said he has learned a few keys to what makes a successful exercise.

“First is mission preparation,” he said. “Know your role in base



Exercise evaluators stay close to the action as Airmen carry a “casualty” from the “field of combat” during the last base exercise. (Photo by Steve White)

contingency response plans, the effectiveness of an entire response could hinge on a single point. You could be the difference.”

Next is “attitude,” he said. “Members that respond with a ‘bring it on’ attitude usually get the most out of exercises. It’s with this mentality that exercises transcend training. This

positive outlook inspires camaraderie, leadership and peak performance.”

Behind every exercise is a group that makes it all possible: the Exercise Evaluation Team, said the major. Randolph’s EET has been hard at work since early June to make Scarlet Hawk 06-05 a realistic and challenging experience for the base.

“The base is fortunate unit commanders have assembled such a highly qualified cadre of evaluators,” said the major. “EET members are often the most experienced members of the unit they represent. This investment in the EET was undoubtedly the reason that they earned an ‘outstanding’ during last year’s Operational Readiness Inspection.”

The function of the EET is to effectively test and evaluate all aspects of contingency operations and ensure Team Randolph has a force that can effectively respond to a variety of situations. They also ensure the exercise design provides commanders the means to assess the installation’s degree of preparation, said Maj. Marin.

Col. Richard Clark 12th Flying Training Wing commander, emphasized the importance of this most recent base exercise and the importance of everyone’s role whether they are participating or not.

“While efforts have been made to minimize inconveniences to non-exercise players, there will be times when traffic rerouting, gate closures and service disruptions are required in response to exercise scenarios,” he said. “I ask that everyone please be patient during these times and understand that an evaluation is underway; the end result will be a better-trained and more-prepared Team Randolph.”

Stage 2 water restrictions on horizon

By the 12th Civil Engineer Division
Environmental Flight

Randolph is quickly approaching Stage 2 water restrictions as the Edwards Aquifer continues to lose about a foot of water per day with little to no rain in the area and over the recharge zone.

With the water level at 647.8 feet at press time Thursday, the source of the base’s water was within the target level of 647 that triggers Stage 2 actions.

Randolph enters Stage 2 when the aquifer is at 647 feet or less for five straight days.

Military installations in San Antonio enforce restrictions earlier than the civilian communities in the area in a cooperative conservation effort with the United States Fish and Wildlife Service, said Robin Armhold, 12th Civil Engineer Division Environmental Flight compliance manager.

“We should continue to be mindful of our water use and adhere to the Stage 2 restrictions as they take effect,” she said. “Our conservation efforts can go a long way in not only protecting our natural environment and setting the example for the civilian communities that will follow, but also ensure we sustain our mission.”

Once Stage II is declared, all prohibitions in Stage 1 will remain in effect unless amended by Stage II restrictions. Restrictions apply to all personnel living, working, or otherwise conducting activities or business on base. Current base restrictions are as follows:

- Any action resulting in water waste is prohibited.
- Landscape watering is allowed only two days a week and is prohibited between 10 a.m. and 8 p.m. Watering days for even-numbered street addresses are Saturday and Tuesday, and for odd numbered street addresses the days are Sunday and Wednesday. The only exception to this rule is that landscape watering is permitted on any day before 10 a.m. and after 8 p.m. by means of bucket (not to exceed 5 gallons in capacity) or hose with an automatic shutoff valve to maintain



Base landscape watering times

Even-numbered houses
Saturday and Tuesday

Odd-numbered houses
Sunday and Wednesday

Watering is prohibited between 10 a.m. and 8 p.m.

trees, shrubs or other ornamental plants, but not grass or turf.

- Installation of new landscape planting is prohibited unless included in contract deliverables, required to repair construction actions, or otherwise approved by the Randolph Energy Management Steering Group. The use of non-potable/gray water or treated effluent (as at the golf course) is excluded from these requirements and limitations.
- Swimming pools, including yard pools, must be covered with an effective evaporation cover, screen, or shield covering at least 25 percent of the pool surface when the pool is not in active use.
- Use of water in outdoor ornamental fountains is prohibited unless the water is recycled by the feature.
- Aircraft and aerospace ground equipment will be washed on a 90-day cycle.

Unlike many off-base communities Randolph has five levels of restriction. Any future restrictions will be announced in the Wingspread.

For more details about water conservation at Randolph, call the environmental flight at 652-4668.



Larry Bollman

Unit: 12th Comptroller Squadron

Duty Title: Civilian pay technician

Hometown: Rock Falls, Ill.

Hobbies: Hand-held puppet ministry at church and relaxing with my wife, Linda.

Goals: To provide the best customer service I can. To provide a positive and uplifting experience to all those I come in contact with.

Greatest Accomplishment: Helping those less fortunate through various means at my church.

Personal Inspiration: Jesus Christ

Personal Motto: To tell friends and acquaintances – “Hope people are being good to you”. People tell me that after I’ve told them this, they have outstanding days and everything goes wonderfully for them. Also, be a good listener which many, many people need.

Pet Peeve: Drivers who disregard or don’t read traffic signs.

Commander’s Comments: “Mr. Bollman is one of those invaluable people who gladly accepts the tough jobs, works them with determination and skill, gets a positive outcome and does it all with a smile and personal touch. When you are dealing with civilian pay for all of Team Randolph, this is particularly important. With Mr. B you always get it done and done right!”

Maj. Samuel D. Grable
12th CPTS commander

To submit a junior officer, enlisted member or civilian employee for the Showplace Showcase column, commanders can send an e-mail to Staff Sgt. Lindsey Maurice at lindsey.maurice@randolph.af.mil. or call her at 652-5760 for details.

E-records

Randolph leads way in electronic UPRG conversion

By Staff Sgt. Beth Del Vecchio
Wingspread Staff Writer

Randolph leads the Air Force in its conversion of Airmen's hard copy unit personnel record group files to electronic-only copies housed at the Air Force Personnel Center next month.

While the conversion to AFPC begins Sept. 1, the 12th Mission Support Squadron Military Personnel Flight permanently closed its records room Monday in preparation.

The change is another step toward the final goal of a total force electronic record environment, which will make it easier for members to ensure all information contained in their UPRG, such as reenlistment and decorations paperwork and enlisted performance reports are correct without having to make a trip to the

MPF, said 12th MSS officials.

"It's going to save a lot of time," said Master Sgt. Leslie Wodtke, 12th MSS MPF NCO in charge of customer service. "People won't have to come to the MPF and wait for us to get their records for them."

Currently, if a member needs to review their UPRG they have to make a request to their orderly room, which retrieves the record from the MPF.

"This change will make the system more efficient," said Capt. Beth Hart, acting 12th MSS MPF commander. "People will be able to get on the computer and check their records themselves."

Once the test period at Randolph is complete, other bases in the Air Education and Training Command will begin converting to electronic UPRGs.

"The conversions will go by command," said Sergeant Wodtke. "How long it takes will depend on

how many records each base holds."

Although Randolph is the first base to make the conversion, all bases will have access to the system.

"Members who leave Randolph will be in the system so their gaining unit can get all their information online," said Captain Hart. "Inbound members will still have hard copies of their UPRGs, but the MPF will forward them to AFPC when they arrive."

The 12th MSS MPF will keep a hard copy of each person's Service Group Life Insurance policy during the two weeks it will not have visibility of the records in the transition. Airmen should have access to their entire electronic UPRGs shortly after the transition, said Captain Hart.

The acting MPF commander added that while EPRs will be accessed online-only, officer promotion reports will still be kept at the MPF in Building 399.

COMMUNITY

COMMUNITY BRIEFS

ANNOUNCEMENTS

Girl Scouts swim party

The Randolph Area Girl Scouts kick-off the new school year with a swim party Saturday from 7-9 p.m. at the south pool.

All Randolph Girl Scout families and anyone interested in joining the Girl Scouts are welcome to attend. The cost is \$2 per person.

For more information, call 566-0521.

FAMILY SUPPORT CENTER 652-5321

Readiness training

A personal and family readiness training takes place Wednesday from 1-2 p.m. and Aug. 25 from 10-11 a.m.

Military members can sign up through their unit deployment manager. Spouses can sign up through the FSC. Seating is limited.

Heart Link

Military spouses new to the military or to Randolph are invited to attend Heart Link Aug. 24 from 8:30 a.m. to 2 p.m. at the family support center.

Free child care is available. To schedule child care, call 652-3668.

To sign up, call 652-5321. The deadline is Monday.

San Antonio tour

A free tour of San Antonio takes place Aug. 25 from 8:30 a.m. to 3 p.m. for military members and their families. Child care is offered for children under age 12.

For details, call 652-3060.

CHAPEL SERVICES 652-6121

Catholic service positions available

The Randolph Catholic Church is looking to fill these service positions: religious education coordinator and Protestant praise team leader.

Those interested in applying should e-mail a resume to 12FTW.HC@randolph.af.mil or bring it to Building 103, room 4 by Aug. 31.

Protestant

Sunday – Traditional worship at 8:30 a.m., Contemporary service at 10 a.m. and Gospel service at 11:30 a.m. all in Chapel 1

Monday – Men's Gospel Service choir from 6:30-10:30 p.m. in Chapel 1

Tuesday – Gospel choir practice at 7 p.m. in Chapel 1

Wednesday – Protestant Women Bible study at 12:15 p.m. in the chapel center; Contemporary Praise Team at 6:15 p.m. in Chapel 1; Protestant Youth of the Chapel Bible study at 7:15 p.m. at 10 Main Circle

Catholic

Saturday – Confession at 4:30 p.m. and Mass at 5:30 p.m. in Chapel 1

Sunday – Mass at 8:30 a.m. and 11:30 a.m. in Chapel 2

Sunday – Religious education from 9:45-11 a.m. in Building 743, 563rd Flying Training Squadron

Monday-Friday – Rosary at 11:10 a.m. and Mass at 11:30 a.m. in Chapel 1

Tuesday – Rite of Christian Initiation for Adults from 7-9 p.m. in the chapel center

Tuesday - Traditional Choir practice at 6 p.m. in Chapel 2; Cantor practice at 7 p.m. in Chapel 2

Ecumenical

Monday – Wedding briefing at 3 p.m. in the chapel center

Wednesday – Film luncheon at 11 a.m. and 12:15 p.m. in the chapel center

EDUCATION SERVICES 652-5964

Air Command and Staff College

Air Command and Staff College offers an introductory session to its base seminar Thursday at 4 p.m. in the classroom area of the education center, Building 208.

Air War College

The Air War College is accepting applications for its nonresident seminar program, which begins Tuesday. The organizational meeting convenes Tuesday at 4 p.m. in the education center's classroom area, Building 208.

Those interested should visit the AWC Web site at www.au.af.mil/au-awc/awc-ns.htm and indicate a seminar preference using the code 781504521 5.

CCAF

The Community College of the Air Force nomination deadline for fall graduation is Aug. 31. Students who think they have completed all the graduation requirements and have not been contacted by the education center about their graduation status, should access their record on the Air Force Virtual Education Center Web site off of the Air Force Portal to determine any missing credits. Any missing transcripts and test scores must be sent to the CCAF before Aug. 31.

MOVIES 652-3278

Today

"You, Me and Dupree" (PG-13), 7 p.m.

Owen Wilson – Newlyweds take in the husband's best friend after he is fired.

Saturday

"Little Man" (PG-13), 2 p.m. Shawn and Marlon Wayans – A couple takes in a dwarf thief whom they think is an abandoned toddler.

Free movie preview: "Beerfest" (R), 6 p.m. Jay Chandrasekhar – American brothers go to Germany to spread their grandfather's ashes at Oktoberfest. (Movie preview tickets are available at the Randolph Base Exchange and Burger King.)

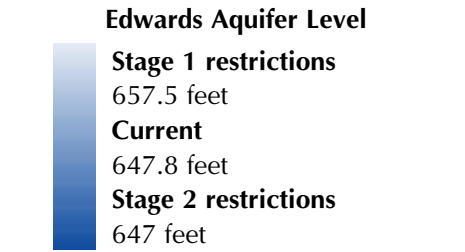
Sunday

"You, Me and Dupree" (PG-13), 6 p.m.

Owen Wilson

WATER WISE 652-4668

This column provides tips for conserving water and the current level of the Edwards Aquifer.



• **TIP OF THE WEEK**

Use a car wash that recycles water or when washing your own car, park on the grass and use a shut-off nozzle.

Right of way



Base motorists yield to pedestrians at a crosswalk between the Air Force Personnel Center and the base fitness center Tuesday. Base motorists should be vigilant of pedestrians at crosswalks, especially during peak hours near AFPC and Air Force Recruiting Service, as they have the right of way. (Photo by Steve White)

Randolph

Continued from Page 1

four local news networks and many local radio stations. Many people asked why he wasn't jumping up and down and screaming. "You're looking for Joker. I'm Batman," was his reply. In a few weeks he will try his talent, or luck, singing

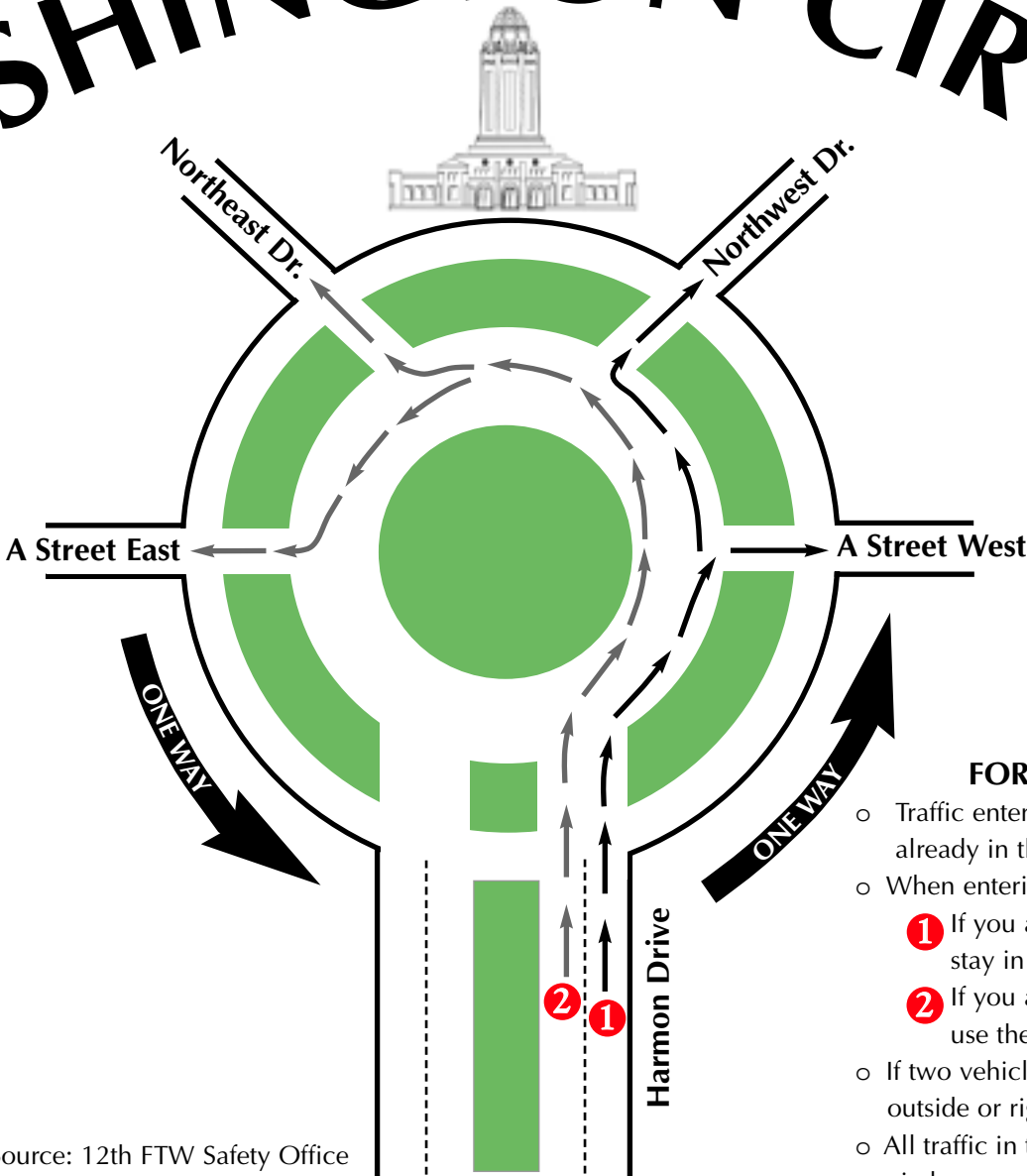
a throaty rendition of the song "Hero," by the band Nickelback. The other golden ticket winner, Sergeant Loudermill, who works in officer assignments at the Air Force Personnel Center, took the day off to simply try out for the opportunity. "You just never know," he said of becoming the next "American Idol." In the next round of competition, Sergeant Loudermill, from Pasadena, Maryland, a singer since

he was eight, will croon the crowd with "Wind Beneath My Wings." The judges could only say, "Wow!" Sergeant Loudermill said. He admits he was worried because literally hundreds of others before him went on stage and were swept away in a flash. Sergeant Loudermill thinks it would be great if a servicemember made it on the FOX television show. "We're the people that really make the American dream a reality," he said.

Keeping things straight in

WASHINGTON CIRCLE

Base safety and security forces officials want people to be aware of the procedures for driving in and out of Washington Circle. Officials want to ensure motorists know which lanes they should be in when entering and exiting the circle. The biggest safety issue occurs when vehicles try to directly exit the circle from the left lane instead of moving to the right lane in advance of their exit turn. Officials urge people to drive defensively and use caution in and around Washington Circle.



Traffic on Washington Circle is ONE WAY to the right (counter clockwise)

TRAFFIC RULES FOR WASHINGTON CIRCLE

- Traffic entering the circle must yield to traffic already in the circle
- When entering the circle:
 - 1 If you are exiting at the first or second exit, stay in the outside or right lane
 - 2 If you are exiting at the third exit or beyond, use the inside or left lane until ready to exit
- If two vehicles are side by side, the vehicle in the outside or right lane has the right-of-way
- All traffic in the circle must signal for turns out of the circle

Source: 12th FTW Safety Office

Class aims to help tobacco users kick habit

By Bob Hieronymus
Wingspread staff writer

Tobacco use is the most preventable cause of death in our society, according to the American Cancer Society.

It is responsible for nearly one in five deaths in the United States; amounting in 435,000 deaths in 2000. About half of those who continue to smoke will die prematurely from smoking, said ACS officials.

These facts should be enough to get the attention of every tobacco user, but 15 percent, about 600 Randolph people, still admit to being regular tobacco users, said Dr. Suzy Harrington, base Health Education Program manger.

"The health consequences for the 600-plus tobacco users working on Randolph are significant," the doctor said. "Not only are they hurting themselves and their families, the annual time lost for reasons of tobacco-related health disability equates to about 22 full-time employee years."

"Tobacco is already the single greatest cause of preventable death in the world. If current trends continue, 500 million people alive today will eventually die prematurely and needlessly from tobacco-related disease."

Dr. John Seffrin
American Cancer Society chief executive officer

"All of these problems are unnecessary and we're just beginning to learn about the long terms effects of second hand smoke," she said. "Tobacco affects more people than just the person using it."

According to the ACS, secondhand smoke may be responsible for about 3,000 lung cancer deaths in

nonsmoking adults and an additional 35,000 to 40,000 deaths due to heart disease in nonsmokers. Exposure to secondhand smoke also causes health problems such as respiratory illness and asthma attacks.

To help Randolph tobacco users overcome their addiction, the Randolph Health and Wellness Center offers a regular tobacco cessation class. The next class begins Sept. 7 and runs from 11 a.m. to noon. Tobacco users, whether they smoke, chew or dip are welcome to attend.

"The most important thing for someone who attends the class is that he or she really wants to quit," said Dr. Harrington. "Nicotine is so highly addictive that breaking the habit is very difficult without the person making a positive commitment to give it up."

"Our classes help people adjust their lifestyle and, when it's appropriate, we can supply a nicotine patch as a medicinal aid during the period of withdrawal."

To sign up for the tobacco cessation class or more information, call the HAWC at 652-2300.

SERVICES

MISCELLANEOUS

Club membership drives

Base members who join the officers' or enlisted clubs between Sept. 1 and Nov. 30 have a chance to win a 2007 H3 Hummer.

The enlisted club hosts its "Thousand Things to Do" membership drive party Sept. 1 from 4:30-6:30 p.m., while the officers' club hosts its party from 5-7 p.m.

During the event, attendees can enjoy complimentary food, social-hour beverages, entertainment and prize giveaways.

For more information, enlisted club members should call 652-3056, while officers' club members should call 652-4864.

YOUTH CENTER 652-2088

Sports applications

Applications are currently being accepted for cheerleading, volleyball, flag and tackle football. Applications are available at the center's front desk.

For more information, call Rey Salinas at 652-2088 or e-mail rey.salinas@randolph.af.mil.

Family and Teen Talent Show

A Family Teen and Talent Contest takes place Sept. 1 from 6:30-10:30 p.m. at the officers' club.

Eligible youth ages 5-18 will compete in four age divisions in the solo, duo, group and instrumental performance categories.

The cost is \$2 and all proceeds go to the youth center's boy's and girl's leadership clubs.

For details, call 652-2088.

ENLISTED CLUB 652-3056

Bingo extravaganza

The next bingo extravaganza is Monday with \$15,000 in total bingo jackpots. A complimentary buffet is available to players starting at 5 p.m., followed by early bird bingo at 6 p.m.

Back-to-school kids' bingo

Back-to-school kids' bingo is Sunday at 11 a.m. for children ages 12 and younger. The event includes a buffet, an appearance by Candy Man the Clown and the chance to win a variety of back-to-school prizes.

Nite club patio grand opening

The grand opening of the Nite Club patio is Aug. 22 at 5 p.m. with a free taco bar and drink specials. The Triple Nickel Band performs from 5-7 p.m.

OFFICERS' CLUB 652-4864

Spouse appreciation lunch

A special active duty military spouse appreciation lunch takes place Tuesday from 11 a.m. to 1:30 p.m. The cost is \$3 for all active duty military spouses. The lunch includes a buffet and salad bar or sandwich.

Information, Tickets & Travel 652-5640

Flea Market

The next base-wide flea market is Sept. 9 from 8 a.m. to 1 p.m. in the clinic parking lot. People can rent a six-foot-long table for \$15 from the information, tickets and travel office.

For more information, call 652-5640.

Army vs. Texas A&M

Discounted tickets are available for the Army vs. Texas A&M football game Sept. 16 at the Alamo Dome. The cost is \$25.

Discount tickets

Discount tickets are available for the following attractions:

- Sea World of San Antonio
- Six Flags
- Schlitterbahn of New Braunfels, South Padre Island and Galveston Island
- Splashtown
- Texas State Aquarium in Corpus Christi, Texas

Other local attractions including the IMAX and Regal Theaters, Natural Bridge Caverns, Natural Wildlife Park and Malibu Grand Prix.

Kinder gambling trip

The 12th Services Division hosts a trip to the Grand Casino Coshatta in Kinder, La., Sept. 19-20. The trip includes round trip motor coach transportation, hotel accommodations, continental breakfast, dinner buffet, and guided tour.

The bus departs at 8 a.m. and returns at approximately 9:30 p.m. the next day. The cost is \$49 for double occupancy or \$98 for single occupancy. Customers can sign up at the information, tickets and travel office.

BOWLING CENTER 652-6271

Unit functions

The bowling center is available for unit functions Fridays beginning at 1:30 p.m.

Contact the center for reservations and pricing.

Labor Day weekend special

Customers can bowl for \$1.50 per game, with a \$1.50 shoe rental charge Sept. 2-4 in celebration of Labor Day weekend. The special excludes Thunder Alley.

CANYON LAKE 1-800-280-3466

Sunset cruises

Customers can set sail on a Canyon Lake Saturday night sunset cruise now through Sept. 16.

The cost is \$3 per individual or \$5 per couple. The boat departs the marina at 7 p.m.

Lake passes

Customers can buy a Canyon Lake Recreation Park annual pass for \$50. Passes include a vehicle, boat and trailer pass.

OUTDOOR RECREATION 652-3702

Enchanted Rock camping trip

Randolph Outdoor Recreation offers a camping trip to Enchanted Rock, located near Fredericksburg, Texas, Sept. 15-17.

The cost is \$50, which includes all supplies except for a sleeping bag.

The deadline to sign up is Sept. 11.

ARTS and CRAFTS 652-2788

Holiday gifts

The Randolph Arts and Crafts Center has a variety of Christmas items for sale. Customers can also start working on handmade holiday gifts through the center today.

Military Working Dogs: Defenders of the Force



Military working dog, Bak, a four-year-old Belgian Malinois and Lab mix, is certified in drug detection and patrol work. (Courtesy photo)

Manned with seven handlers and six military working dogs, the 12th Security Forces Squadron Military Working Dog section ensures Randolph Air Force Base remains free of illegal explosives and substances through routine patrols and random inspections within the confines of the base.



Staff Sgt. Keith Moos and military working dog, Cora, conduct vehicle inspections at the south gate. On average, MWD teams inspect approximately 20 vehicles and conduct about 10-12 security checks on key facilities around the base in a 12-hour shift. (Photo by Steve White)



Randolph military working dogs and their handlers pause in downtown San Antonio after staging a working dog demonstration during Fiesta week this year. Pictured are (left to right) Staff Sgt. Corby Czajka and military working dog Bosco; Staff Sgt. Nathan Combs and MWD Bak H204; Senior Airman Philip Maxwell and MWD Bak F532. (Courtesy photo)

Tech. Sgt. Antonio Rodriguez, 12th Security Forces Squadron kennel master, demonstrates proper decoying techniques with MWD Rico during a decoy certification course. Military working dogs are trained to bite targeted individuals and release upon command. The dogs are also trained to bark and lunge at targeted individuals, acting as a visible and psychological deterrent. (Courtesy photo)



Military working dog, Bosco, runs the obedience course during routine training on base. (Photo by Steve White)



John Morrison of the 562nd Flying Training Squadron slides into second base as 12th Medical Group’s Christopher Grullon reaches to tag him out. The 562nd FTS Students defeated the 12th MDG for the third time this intramural softball season Monday 16-3. (Photo by Steve White)

562 Students school 12 MDG 16-3

By Staff Sgt. Lindsey Maurice
Wingspread editor

Hitters proved key in the 562nd Flying Training Squadron Students’ 16-3 intramural softball win over the 12th Medical Group Monday as the team netted two three-run home runs and a two-RBI double.

The Students were led by Jesse Barnes who connected on one three-run home run and an RBI double and Rob Williams who hit the second three-run home run and added a two-run single and an RBI single.

“Most of our guys have never played intramurals, but we play our hardest every game backed by the desire to win,” said 562nd FTS coach Larry Spina. “It’s our strong, consistent hitting and fans that set us apart.”

With two outs on the board, 562nd Student Josh

Morris hammered a home run over center field for an early 1-0 lead. Barnes followed suit with his three-run home run over left center extending the lead to 4-0.

Now in the top of the second, the Students had a chance to extend their lead, as Josh Morris hit a two-RBI single to left field followed by a Williams three-run home run to left center field. With two outs, Barnes hit a final out over the fences to end the scoring run at 9-0. Teams are only allowed three home runs in a game. After that, it is considered an out.

The Medics found their offensive heat in the bottom of the second as they loaded the bases for John Abbott, who knocked in their first run off of a sacrifice fly to left center. Bartholomew McKay followed with a second RBI single to the same spot to close the deficit to 9-2.

The Medics infield proved to be quick in the top of the third as short stop Rick Lester teamed up with

second and first for the only double play of the game.

But the Medic outfield was put to the test in the top of the fourth as four consecutive 562nd batters scored runs, including Williams and Barnes each with a two-run single and John Morrison and Georges DeWilde with RBI singles for a 15-2 lead.

After another MDG shutout in the bottom of the fourth, the Students stepped up to the plate swinging for the fences, as Morris hit a triple to right field. Williams cranked a second ball to right scoring Morris for a 16-2 advantage in the top of the fifth.

The Medics hustled to find two more outs for one last chance to lessen the deficit before losing to the 10-run rule.

With two outs and two men on base in the bottom of the fifth, Medic Benjamin Taylor hit one last RBI single to center field; before the team’s final fly out to Landen Prochnow at right center ended the game.

Rambler

Continued from Page 1

“Try not to land too heavy on your heels or too far on your toes,” she added.

While arm action will vary from athlete to athlete, a runner’s arms should swing naturally from the shoulders, she said.

For those competitors training for the bike portion, Ms. Grant suggests they set specific training goals and areas of focus.

“Make your training rides long and intense enough to test your endurance and skill,” she said. “But don’t come

away completely nauseous. You can wear your body down if you work it too hard. You know what’s comfortable for you. Increase your duration or intensity gradually.”

Ms. Grant also suggests bikers mix up their ride.

“Throw in some sprints, technical work and training intervals,” she said. “Also incorporate some easy recuperation rides.”

The fitness program coordinator said one of the main areas competitors should focus on whether they are running, biking, rafting or doing all of the events is strengthening their core.

“The core of your body is where you

derive your power,” she said. “It provides the foundation for all arm and leg movements. It must be strong, flexible and unimpeded in its movements to achieve maximum performance.”

Ms. Grant suggests people try core ball exercises combined with a free weight program.

The fitness expert’s final suggestion is that people make sure they stretch.

“The importance of stretching within a workout routine cannot be emphasized enough,” she said. “Stretching brings our body back into balance, prevents injuries and enhances performance. Yet stretching is often

neglected because the average person doesn’t understand why it is so important to not only be strong, but flexible.”

The Rambler 120 Team Challenge is open to all Randolph men and women. The entry fee is \$80 per team, which includes a T-shirt for every member.

Teams must bring at least four mountain bikes, helmets, eye protection and a cell phone to carry on the course with them. Everything else is supplied, including the rafts, oars, life jackets and safety belts for the run.

Registration forms are available at the fitness center main desk. The deadline to register is Sept. 22.

SPORTS BRIEFS

Pass the baton bike relay

The fitness center hosts a pass the baton bike relay Aug. 26 at 7 a.m. at Eberle Park. Bikers compete in teams of two, with each person traveling 10 miles. The first 40 people to sign up receive a water bottle.

The event is sponsored by Gatorade.

For more information, call 652-2955.

Belly dancing class

The fitness center offers a four-part belly dancing class Sept. 5, 11, 18 and 25 from 7-8 p.m. The cost is \$25.

To sign up or for more information, call 652-2955.

Basketball coaches wanted

The men’s and women’s varsity basketball teams are looking for qualified individuals to coach in the 2007 season. The season runs from October 2006 to March 2007.

For more information, call 652-2955

Freedom Walk

Operation Homefront along with USAA, hosts the Alamo Area America Supports You Freedom Walk Sept. 11 at 9:15 a.m. in remembrance of the 9/11 terrorist attacks.

The two-mile walk begins at the Alamodome and ends at North Plaza. The event is free and T-shirts will be passed out while supplies last. Registration begins at 8 a.m. People can also pre-register online at www.operationhomefront.net/texas.

Water fitness

The fitness center offers the following water fitness options this summer:

- Water aerobics Monday and Wednesday from 10-11 a.m. at the center pool
- Senior water aerobics Thursday from 10-11 a.m. at the center pool

For more information, call 652-2955.

Senior strength training

The fitness center offers a senior strength training class Tuesdays from 10-11 a.m.

The class covers how to use tubing, weights and low impact aerobics to increase strength, muscle mass and bone density and improve balance.

Fitness classes

The fitness center offers a variety of classes during the week including cycling, step aerobics, body toning, kickboxing, pilates and yoga.

For details, call 652-2955.

Story ideas needed

The Wingspread staff wants to expand its sports section and would like to highlight physically active members of Team Randolph.If you know someone who fits this description, such as a marathon runner, martial arts instructor or ultimate sports competitor, please send an e-mail to wingspread@randolph.af.mil.